

Name:

### What is it?

Why are quick breads called "Quick Breads"?

### Key Ideas

What are the five main ingredients of a quick bread

- 1.
- 2.
- 3.
- 4.
- 5.

### Vocabulary

Gluten

Leavening Agent

Knead

Cut in

Batter

Dough

Carbon Dioxide

### Cooking Principles and Objectives

1. Be able to evaluate the difference between the "biscuit method" and the "muffin method" and when each should be used.
2. Know the purpose of the leavening agent in a recipe
3. What is gluten? What is its purpose in a quick bread
4. Know the types of quick breads
5. Know the different types of leavening agents and what activates them
6. Know the functions of the 5 key ingredients in quick breads
7. Be able to identify a good quality muffin and what causes poor muffin quality such as dryness and tunnels.

### Nutrition

Quick breads belong to which group according to MyPlate?

Quick breads are a good source of what?

### MyPlate

### Balanced Meal

Describe a balanced meal using quick breads.

### Recipe Ideas:

### Summary of Unit:

**What is it?**

**Key Ideas**

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**Cooking Principles and Objectives**

**Nutrition**

**MyPlate**

**Balanced Meal**

**Recipe Ideas:**

**Summary of Unit:**